



# Foreskin Restoration E-Book

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## Introduction

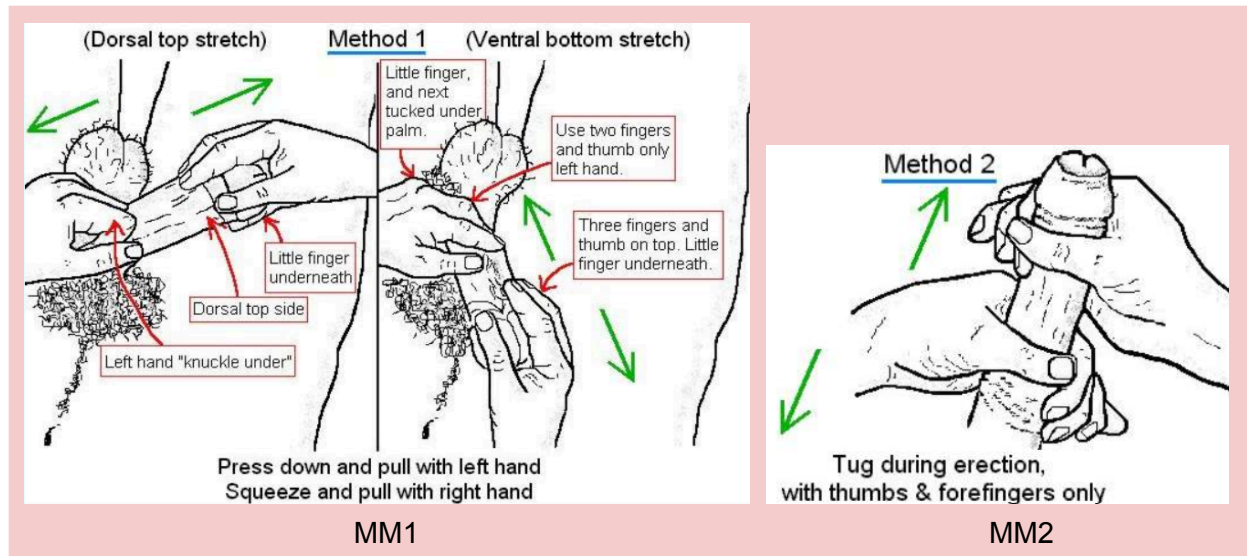
Foreskin restoration is a practice of prolonged gentle stretching of the foreskin which stimulates Mitosis and produces new skin cells. The tissue growth is accomplished with tensioning devices and there are now many great devices on the market. I started with [Mantor-Restorer Products](#) because of their innovative products and modular components. Use coupon code: **RestoredMembers** to save 10% discount on your order. I also recommend the [ForeGestalt](#) and [CAR-1](#) inflation devices. For more devices please visit [NORM.org Devices & Methods](#).

Restoration is measured in terms of [coverage index levels](#). Determine your CI level and take a look at the methods in this e-book. I started at CI-2 and progressed to CI-4 within the first year, and approaching CI-5 in the second year. I've gained size, new coverage, increased sensitivity, mobile gliding action, and improved sense of well-being. I've spent countless hours researching, learning from others in the forums, and working with device manufacturers, and wrote this guide and started Restored Members to help others streamline their restoration journey.



## Manual Methods

If you are beginning with a very tight cut or near the CI-0 or CI-1 coverage level, you will need to start with [manual methods](#) or the T-tape method before using devices. There are 7 methods in the progression and the first two and the inventor's commentary are below:



*"I have studied a majority of tugging devices and tape methods, but I have tape allergy, o-ring rubber allergy, and was concerned of circulation problems with devices. Manual methods are 'cyclical', so there is no blood circulation impairment risk, and the glans is cradled within 'skin', with no metal, plastic, rubber, or foam contact. There are no tape hassles, no urination problems, no spontaneous intimacy problems, and it costs absolutely nothing." -Doug*

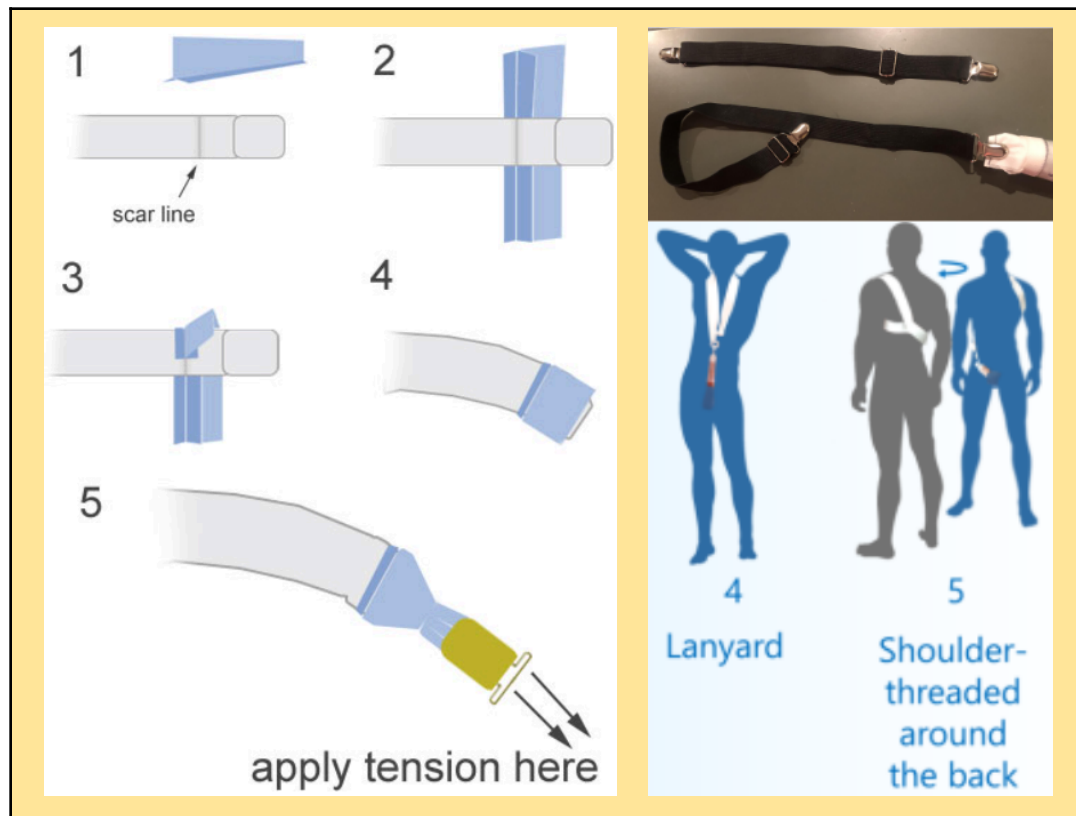
Doug's had great success with manual methods as you can see in his 2 year results. Although I did not start with manual methods, I do occasionally tug using manual methods 3 & 4 while relaxing in the bath or sauna. It's nice to know that if someone cannot afford a device (or even confined to a jail cell) they can still effectively restore with manual methods.



## T-Tape Method

T-tape is another great method if starting at a CI-0 or CI-1 level. T-tape has some advantages and can be more comfortable than some devices, so many experienced restorers still add T-tape into the rotation. Another plus is you can still urinate by momentarily removing the strap and folding back the tugging tape. Simply purchase [15cm wide medical tape](#) as linked here, or [similar](#) self-adhesive cloth medical tape ~6" wide, and simple cushion straps [like these](#) with clasps. The [Mantor Tugging Strap](#) has a clasp and works great also (don't need the included ring). Create your T-tape templates like in [my video tutorial](#) or similar, and the basic setup of T-tape is pictured below. You can try my favorite strap methods below or experiment with other techniques, just be sure to alternate the direction of tugging strap. For further gains, add a [3-hole cockring](#) to target tension forces onto shaft skin, prevent turkey neck, and minimize the migration of pubic hair - [pictured here](#) is me using the shoulder strap method + 3-hole cock ring.

Ensure the skin is clean before application, wipe with alcohol dipped cloth if necessary. Apply the T-tape while erect/taut and once flaccid/slack pull the taped skin forward and fold the tape over itself to clamp into the clasp. Adhere the T-tape template to the scar line or lower on the shaft for point of equilibrium. For best adhesion strength, wait ~10min before applying tension to the tape. To remove tape use warm soapy water, otherwise skin tearing can occur. Perhaps a superior taping method is to use the [supercanister tugger](#) which is held onto shaft skin using the same type of medical tape. Grab the Adhesi-Med and Citri-Med with your order.



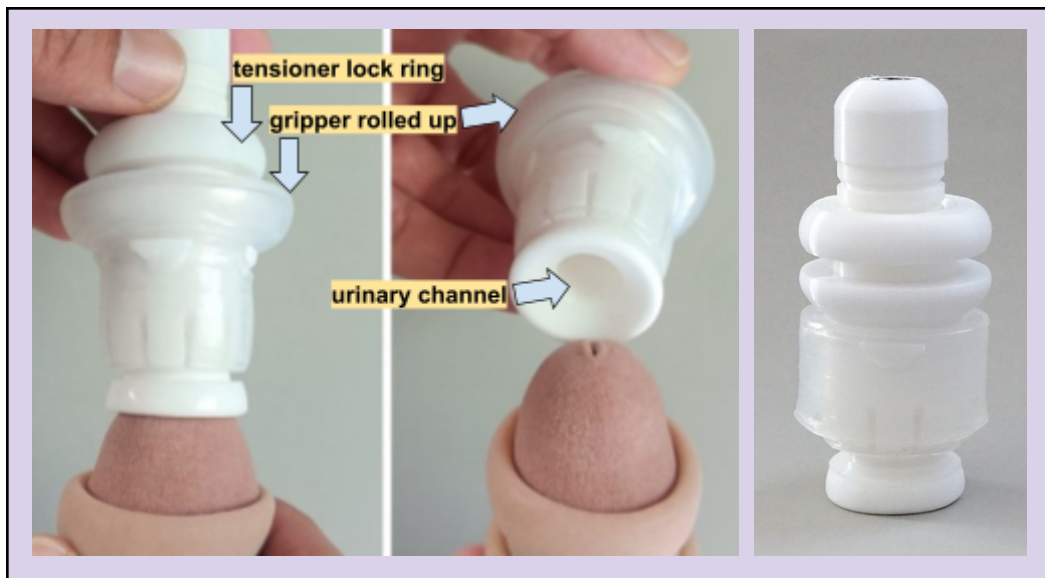


## Mantor Flow Dual Tension Device



The [Mantor Flow](#) is an innovative dual tension device that combines a flexible rod/tube, soft silicon gripper, and internal urinary channel, allowing for long duration tugging sessions. The flow is designed to be used with weight or strap accessories or can be used standalone. I would suggest wearing the elastic strap around the neck and under the shirt for discreet use. The weights may work best when worn without obstruction from underwear and clothing.

I would suggest ordering with a level 3 and level 5 flow tube because you will outgrow the shorter tubes quickly. The ordering page also offers the retainers, and those are beneficial to use alongside the flow - see the Retainer section for more info. See the mantor [video demo](#) for how the device is applied.

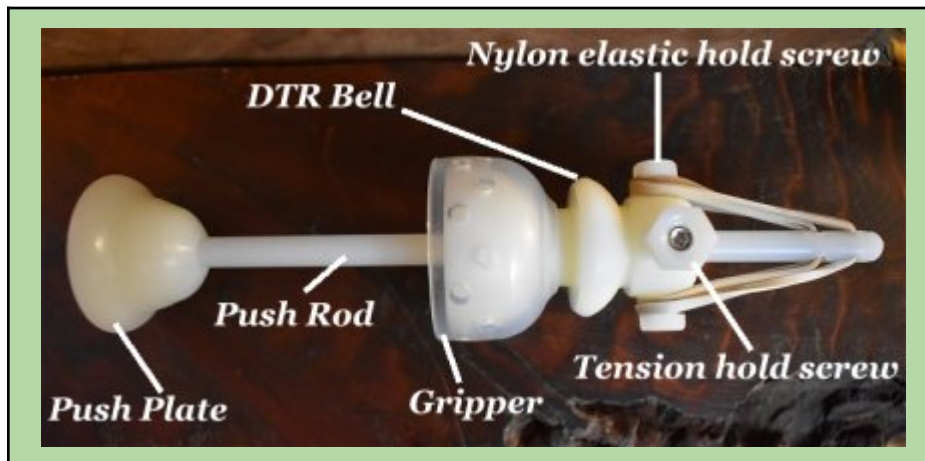




## DTR Device



The DTR is a hand made nylon dual tension device made by Chuck the pioneer of restoration devices. The [DTR kit](#) comes with 2 rods of progressive length, and 2 grippers of different softness. It also comes with a shorter rod dedicated to tugging only (and not dual tension) pictured with strap hook, but I would suggest moving the strap hook to the dual tension rods and combining dual tension and strap tugging for maximum effectiveness. The E-strap tugger can be added to your DTR order but is designed to connect to a knee brace which I find cumbersome to move with. I would suggest the [mantor tugging strap](#) which is great to wear around the neck under the shirt pulling up on the device.



Be sure to set the tension with the hold screw and not the rubber bands. Consider purchasing [Chris' DTR gripper](#) which is said to be more comfortable and therefore capable of longer DTR tugging sessions.



## Dual Tension Device Regimens

<p><u>Mantor Flow</u></p> <ul style="list-style-type: none"><li>• CI-2 starting level</li><li>• Sedentary or gentle movement</li><li>• More comfortable</li></ul>	<p><u>DTR</u></p> <ul style="list-style-type: none"><li>• CI-2 starting level</li><li>• Best while sedentary</li><li>• Slightly lower cost</li></ul>
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The first few weeks of using a device it can be tricky to get enough skin rolled up into the gripper. Apply when flaccid, if you become aroused it will be impossible so abandon the effort and try again later.

1. Mid-mornings worked best initially. Within a few weeks I had enough slack to apply the device easily anytime of day.
2. Adjust the tugging strap for standing vs. sitting accordingly. Gradually increase the set point on the rod to increase tension throughout the session.
3. Be aware of pinching pain in the gripper that may develop after a while, depending on each device. Remove the device at this time.
4. Allow the skin to rest or apply the faux-skin retainer. Within a short time another tugging session can be resumed.

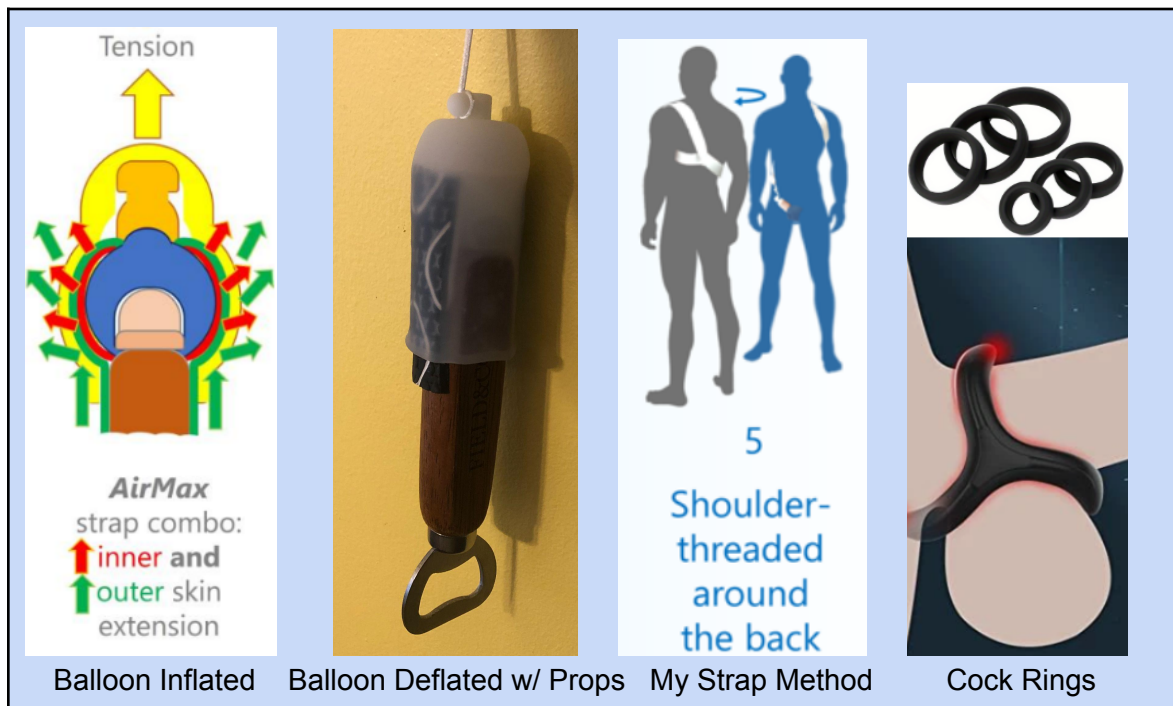
The optimal way to use restoration devices is to be worn under clothes during sedentary activities such as office work, commuting, or travel. At my office job, I wear the tugging strap around my neck & under my shirt down to pants. A light jacket or sweater further conceals any indications of wearing the system. I typically achieve a few multi-hour sessions throughout each day, while wearing the retainer otherwise and sometimes during sleep.



## Restored Members

# foreGestalt AirMax Inflation Device & Regimen

The *foreGestalt* companion has now become my daily restoration device. As explained in my [video review](#), there is no skin fatigue limit due to the soft structure and wide surface area of the gripper, so I am only limited by frequency of urination. I also favor this device because it has never slipped off and remains in place even with any activity. You need to be around a CI-2 coverage level to start with this system, and the device is applied when flaccid. I recommend the [AirMax inflation strap combo](#) version for inflation + tugging. It's more expensive than most devices but is very effective, durable, and expertly engineered.



To see how the *foreGestalt* is applied (to props) watch [my device presentation](#) @7:20 mark or see mnfr's [website video](#). To release inflation air simply slightly open the valve cap to the side. I discovered the shoulder strap method as pictured above and Axel added it to his [foregestalt User Manual](#), you can learn more about his device invention in [his interview](#). I wear the *foregestalt* in this strap configuration daily, alternating shoulders, under my clothes - it's very discrete and comfortable, and maintains similar tension whether stationary or moving. Because there is no skin fatigue, I typically can achieve a couple 3-4 hours sessions per day, with 2 rest days per week. Recently I discovered adding soapy water or baby powder to the balloon before applying the device makes inflation against skin frictionless. For optimal gains add a [3-hole ring](#) to target tension forces onto penile skin and minimize the migration of pubic hair from base, if you want to see the whole setup check the 2nd photo of [my reddit post](#). When using a single ring I like a wider one like [this one](#). Using rings make the *foreGestalt* (and T-taping) much more effective and they are widely available on eBay/Amazon.



## CAR-1 Inflation Device & Regimen

The CAR-1 is a simple to use excellent inflation device, and requires around CI-2 starting level. Configure the [CAR-1 device](#) with the inflation bulb & knee strap. If you are purchasing when still a lower coverage index level follow Chris's sizing guide, but if you are beyond CI-2 you can opt to upsize the CAR-1 to help reduce gripper pinching fatigue.



The CAR-1 comes with a silicone toe gripper that should be added around the inner side of the gripper (not around the outside gripper) which adds comfort and grip, and ensures no slipping will occur even at high inflation pressure or tension. Because this is a direct inflation device, I choose to take precaution by covering my urethra opening with the tip of a cut balloon, or a small piece of fabric tape would work also. I can typically achieve 2-3 hour sessions before gripper fatigue sets in and I must take a break.

The knee strap works well for sitting, but I found it awkward when transitioning between sitting and standing or walking, and difficult to adjust under clothes. I discovered that by re-purposing the knee strap around the waist, the tension remains the same with any position and movement, and works well regardless of clothing choice - simply place looped end around the base of shaft, and then loop the clasp end around the back of the waist and connect to CAR-1. To see me demonstrate this setup see [my reddit post](#). Using a generic tugging strap around the neck or shoulder method would work well also, just switch over the original clasp to the new strap.



## Retainers

Retainers are an important part of foreskin restoration as they train the new tissue forward and revitalize the glans. Retainers are great to wear between tugging sessions or during sleep. Mantor has [2 retainers](#) I recommend, the Faux-Skin which can be used at ~CI-2, and the Skin-to-Skin which can be worn starting at ~CI-3, and both can remain on while urinating. The Skin-to-Skin retainer has the unique benefit of full skin to glans contact for maximum glans revitalization and increase in sensitivity through the process of de-keratinization.



Chris' online store also sells a [silicone retainer](#) which is known for its soft comfortable material. Finally, Chuck also sells a [retainer](#) that uses parts similar to those in the DTR kit.



*"My personal view is that retaining is as important as restoring. I feel my coverage would not be what it is today had it not been for retaining when I was not restoring" - Chuck*



## Restored Members

# Troubleshooting & Maintenance

<b>Uneven Progress:</b> <ul style="list-style-type: none"><li>• Vary tugging strap direction</li><li>• Add a manual method to target area</li></ul>	<b>Difficult to Get Device on:</b> <ul style="list-style-type: none"><li>• Apply when more flaccid</li><li>• Start with couple weeks of T-taping</li></ul>
<b>Painful Inflation:</b> <ul style="list-style-type: none"><li>• Cover urethra opening before inflation</li><li>• Add soapy water or powder to balloon</li></ul>	<b>Skin Fatigue</b> <ul style="list-style-type: none"><li>• Reduce amount of tension</li><li>• Take more rest/retainer days</li></ul>

Maintaining clean hygiene is important for foreskin health and foreskin restoration devices. I typically use a silicone safe foaming soap purchased from a local novelty shop to clean the devices. Dawn dish soap is a good option and restores tackiness of the devices.



Be aware of any stretch/stress marks that may occur from tugging and treat with rest and moisturizer before tugging again. Besides allowing a rest day or two per week, I often apply aloe vera, lotion, or coconut oil to the foreskin after I've finished tugging for the day.



## Restored Members

# Facts, Answers, Questions

### *1. Does it hurt?*

The stretching does not hurt and actually becomes unnoticeable during sessions. Only towards the end of a tugging session on some devices, gripper pinching fatigue becomes noticeable.

### *2. How long will it take to see results?*

Beginner gains can be attained very quickly but will slow with more progress. A general rule of thumb is to gain 2 coverage index levels in the first year, and then continue to gain 1 CI level per year subsequent. Most restorers aim to reach flaccid coverage which can take a few years, but much of the benefits can be attained more quickly.

### *3. How much time per week should I expect?*

A pattern of a 2-3 day tugging block, with 1 rest day in between each block works well. Aim for ~8 hours total per day which will total up to ~40 hours per week. Using retainers during rest days will help the tissue heal, train it forward, and revitalize the glans and inner skin tissue.

### *4. What is the dreaded 'turkey neck'?*

Turkey neck refers to the scrotal webbing that is pulled forward on the ventral side of the penis from erections or tugging. During the early restoration this may become noticeable, but eventually its appearance can reside as more slack develops. The 3-hole cock ring approach I promote prevents the ventral scrotal webbing from being pulled forward and ensures all the tensioning forces are placed on the penile shaft skin.

### *5. Will inflation devices cause a loose or baggy foreskin?*

When inflation devices first gained popularity, there was logical concern that outward expansion would cause a loose/baggy foreskin. It was soon realized this was not the case and the restored tissue can still contract over the glans because the penile tissue includes dartos fascia muscle and is well vascularized.

### *6. Are results permanent?*

Yes the tissue growth and restored foreskin are permanent, although there can be a small amount of settling after stopping. Additionally, the restored foreskin may not always remain in the forward covered position and is highly dependent on body position i.e. standing vs. sitting, activity level i.e. sedentary vs. moving, temperature i.e. warm vs. cold. Some restorers who want to ensure their foreskin always remains covered choose to continue wearing retainers after finishing their recovery journey.



*Restored Members*

## Additional Resources

Restoration/Reddit Groups:

[NORM.org](#)

[Reddit/Foreskin Restoration](#)

[Reddit/Restoring Dick — NSFW Restoration Photos](#)

Intactivists Groups:

[Your Whole Baby](#)

[Doctor's Opposing Circumcision](#)

[Blood Stained Men](#)

Social Media Intactivists:

[Blood Stained Men & Their Friends](#)

[Intact Again Podcast](#)

[Prevail Over the System](#)

Circumcision Education:

[Studies on Circumcision Harm](#)

[Circumcision Global Harm Blog](#)

My Socials:

[Youtube Channel](#)

[Reddit Profile](#)

My Progress (18+NSFW):

[Restoration Results](#)

*Circumcision Harm*

*Foreskin Restoration*

*Saving our Sons*

*-Jeff Dietrich*

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